



## **BOXING TOURNAMENT GUIDELINES**

### **ELEMENTARY**

#### **I. WEIGHT DIVISIONS:**

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|------------------|---|
| 1. KIDDIE WEIGHT | Not more than 30 kgs.<br>Cut off Date– Born on 1998 or later. |
| 2. ANT WEIGHT    | Not more than 32 kgs.<br>Cut off Date- Born on 1996 to 1997.  |

### **SECONDARY**

- |                    |  |
|--------------------|--|
| 1. POWDER WEIGHT   | Not more than 36 kgs.<br>Cut off Date – Born on 1994 onward  |
| 2. MOSQUITO WEIGHT | Not more than 39 kgs.<br>Cut off Date – Born on 1994 onward  |
| 3. PAPER WEIGHT    | Not more than 42 kgs.<br>Cut off Date – Born on 1994 onward  |
| 4. PIN WEIGHT      | Not more than 45 kgs.<br>Cut off Date – Born on 1991 to 1993 |
| 5. LIGHT FLYWEIGHT | Not more than 48 kgs<br>Cut off Date – Born on 1991 to 1993  |

## **II. ROUNDS**

For 30 to 32 kgs. (ELEMENTARY)  
3 rounds of one (1) minute each and one (1) minute rest interval between round.

For 36, 39 & 42 kgs. (SECONDARY)  
3 rounds of one and one half (1 ½) minute each and one (1) minute rest interval.

For 45 to 48 kgs. (SECONDARY)  
3 rounds of two (2) minutes each and one (1) minute rest interval between round.

## **III. UNIFORM**

- a. Competitors shall box in light boots or shoes (without spikes or heels) and socks, shorts (not to exceed knee length), and a vest covering chest and back.
- b. For all ABAP approved event, the boxers may wear vest and trunks of any color, which shall be their own responsibility. Such singlets can be in their regional colors and can have the name of their Region/Team. Where trunks and vest are of the same color, the belt line must be clearly indicated by using a 10 cms. Wide elastic waistband.
- c. Coaches/Seconds must wear sport outfits. No slippers, sandals, and casual attire will be allowed.
- d. Awardees must wear their team uniform during awarding ceremony

**IV. RECORD BOOK:** Record/Medical book is mandatory (Red Book).

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Tournament Manager